

Klah-Che-Min

ʔacacihlaltbixʷ gʷəł tə xʷəlc̥ yəxʷ ti stultuləkʷ.

A PUBLICATION OF SQUAXIN ISLAND TRIBE

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JULY 2005

COMPLIMENTARY

Sgwi' Gwi Event Celebrates Educational Achievements

Applause is the key word that sums up the 8th annual Sgwi' Gwi event that honors the educational achievements of Squaxin Island tribal members.

The event, held at Little Creek Resort Bingo Hall, was hosted by the Squaxin Island Tribe's Learning Center.

Awards were given to all tribal members who are students all the way from preschool to college or technical school.

"We are just so proud of all of you," newly elected Tribal Chairman Jim Peters said. "It's a great feeling!"

All students in attendance were given \$10 WalMart gift cards to reward them for their educational achievements. High school graduates each received \$1,000 and their names were put in a drawing to win one of three new cars. The win-

Continued on Page 2.



Amber Snyder



Kurt Poste

Welcome Pole Carved by Squaxin Island Artists is Raised at SPSCC Campus

The outstretched hands on the newly raised Welcome Pole at South Puget Sound Community College have many meanings.

Traditionally, welcome poles were used by people in Squaxin Island villages to greet visitors and to protect people.

"The welcome pole is a reminder that we are standing on Native American land," SPSCC President Ken Minnaert said. "It's a symbol of the wonderful partnership we have with the Squaxin Island Tribe. It is a great art piece and a wonderful, long-lasting gift from our students."

Walker Wise was a student working on the Mud Bay archaeological project three years ago when he had an idea.

"It occurred to me that we are on traditional Squaxin Island land and there is nothing here to



Continued on Page 24

SQUAXIN ISLAND TRIBE

10 S.E. Squaxin Lane
Shelton, WA 98584

People of the Water

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Sgwi' Gwi

Continued From Page 1

ners names were drawn by long-time Tribal Chairman David Lopeman who also expressed his deep appreciation for the work done by the students. The winners of the new cars were Kurt Poste, Amber Snyder and Brandon Stewart. Insurance verification will be required before the cars are released.

In addition to these awards, students receiving their GEDs were each given \$500.

Special thanks go out to Squaxin Island Tribal Council; Squaxin Island Natural Resources (securing fish, clams and oysters); Will Penn, Walt Archer and Candace Penn (digging clams); Little Creek Casino; Will Henderson, Walt Archer, Mike Foster and Scott Steltzner (filleting fish) Joe Peters (picking up the fish) Jim Peters, Lewis Denny and Walt Archer (cooking); Puyallup Tribe of Indians (donating fish); Rose Algea for the blessing; sya?ya? for drumming and singing; Darlene Krise, Faith Wilbur and Amanda Hernandez (making fry bread).



Tribal Council Resolutions

05-48: Authorizes the Tribe to prepare, submit, negotiate, execute and administer, with the Office of Juvenile Justice and Delinquency Prevention, a grant proposal for the FY05 Tribal Juvenile Accountability Discretionary Grant Program for up to \$300,000 over a three-year period

05-49: Approves Change Three to the Eligibility, Admissions and Occupancy Policy of the Housing and Utilities Commission

05-50: Adopts the amended Fuel Sales and Tax Code

05-50A: Recognizes the People's Oath as the Official Tribal Council Oath of Office for the Squaxin Island Tribe

05-51: Supports the submittal of a pre-application to the U.S. Department of Agriculture's Economic Impact Initiative program for the purchase of medical and dental equipment

05-51A: Enrolls Kaytlyn Henderson

05-52: Authorizes submission of a DOJ grant application (three-year funding request) to the COPS TRGP grant program for up to \$539,285 in federal share and hereby commits to matching fund requirements associated with the DOJ funding request to hire, equip and train new officers and to equip and train existing officers and staff

05-52A: Enrolls Margaret Witcraft

05-53: Enrolls Samantha Armas

05-54: Authorizes submission of a contract proposal in the amount of \$35,000 to the U.S. Department of Interior, Bureau of Indian Affairs (BIA), Northwest Region Office, for transportation planning

05-55: Authorizes submission of a \$500,000 grant application to the FY05 Indian Community Development Block Grant program under the Public Facilities and Improvement Projects funding category to design and construct a \$650,000 Northwest Indian Treatment Center facility, the Counseling and Cultural Center, and further resolves that the Tribal Council will contribute \$150,000 (over 25 percent) as a cash match to the project through general tribal revenue, and further resolves that community input requirements have been met

05-56: Approves the NWITC Counseling and Cultural Center's Maintenance and Operation Plan and approves funding of \$14,000 for maintenance, repairs, insurance, replacement reserves and annual costs

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
FAX: (360) 426-6577



Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

JIM PETERS: *Chairman*
ANDY WHITENER: *Vice Chairman*
VINCE HENRY: *Secretary*
PATTI PUHN: *Treasurer*
WILL PENN: *First Council Member*
PETE KRUGER: *Second Council Member*
CHARLENE KRISE: *Third Council Member*

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.nsn.us



Tribal Council Takes Oath of Office

All seven Squaxin Island Tribal Council Members stood and took an Oath of Office (see below) at the Tribal Council meeting on June 9th.

In the early 1990s, tribal member Rhonda Foster (CHR Supervisor at the time) set up several meetings with the Elders, who gave her guidance on how to conduct herself while gathering, and how ceremonies should be handled. It was at these meetings that the idea was put forward to create an Oath of Office for the Tribal Council. Rhonda was asked to research other tribe's oaths and bring the information back to the Elders. After comparing several oaths, the Elders created the Squaxin Island tribe's oath.

"I remember going to Theresa Nason's house because she couldn't come to all the meetings," Rhonda said. "Theresa made sure the Oath was written right. After several drafts were re-written, we finally had a People's Oath. This would be used for all new elected tribal council members. At the first People's Oath in 1990, the Elders chose Frank Parker to perform the Oath. Frank asked that I stand beside him as a witness."

On June 9th, 2005 the Tribal Council reinstituted the People's Oath, and Rhonda Foster performed the Oath with David Lopeman and David Whitener by her side as witnesses.

The Peoples Oath

Tribal Member Representative Rhonda Foster: "You have been chosen by your Creator and people to serve as our Honored Leaders. The thickness of your skin will be seven thicknesses, for you will be proof against anger, offensive action and criticism. With endless patience you shall carry out your duties, and your firmness shall be tempered with compassion for your people. Neither anger nor fear shall find lodging in your mind or spirit, and all your words and actions shall be tempered with calm deliberation. In all your official acts, self-interest shall be cast aside. You shall look and listen to the welfare of the whole people, and have always in view, not only the present, but the coming generations in your heart (1720 Iroquois Confederation giving charge to the new Leaders). Always remember first the Creator's loving kindness. He will continue to bless us as long as we continue to lift him up and give honor and thanks for all that He continues to provide to our people. Each Council member will repeat after me:

I, name of Council member, accept our People's Oath as a warm blanket to wrap around me, and promise to carry it with me and lodge it in my heart.

I, name of person conducting the Oath, am honored to accept your Oath for our People, let the records show - and everyone here is a witness - that name of Council member has accepted this Oath. We ask the Creator to guide and hold you for time immemorial. I ask now that you take your rightful place as our Leader.



Taholah

<http://www.quinaltindiannation.com/treatydays.html>

Who Is It?



Lena Krise and Two Hawks Krise Young



Who Are These Handsome/Gorgeous Protectors of Freedom?



Ronald Dailey



Sallee Elam

Squaxin Veterans needed to form Color Guard

The Veterans Memorial Committee is looking for Squaxin veterans - tribal members, community members, and/or staff members - to volunteer to form a Color Guard that will mainly serve in the Squaxin community.

A Color Guard is an opening, a small ceremony that presents the national colors. Color Guard ceremonies are performed in many kinds of meetings and community gatherings including funerals, public events, and special honorings.

The committee is exploring the type of organization. Please consider becoming a member to fill a great and honorable need for the Squaxin community. Contact Joe Seymour, Jr. at (360) 753-5246 or Lynn Scroggins at (360) 432-3952.



Section 184 Loan Information/ Credit Repair Workshop

A Section 184 Loan Information/Credit Repair Workshop was held on May 24th.

Mia Vermillion from WA Mutual was here to talk with participants about what a Section 184 loan is and the different ways it can be utilized. Mia also shared information about working on repairing credit. There were many questions from the participants and lots of beneficial information shared. The Office of Housing is planning to schedule this workshop quarterly so what for further details on future workshops. Thanks to all the participants for attending!



*Charlene Krise, Erika Poste, Tyler Thale
and Joanne Decicio*



Ken and Traci Coffey



Mary Whitener, Larry Nerney and Terri Brownfield



Familiar Faces in New Positions

Raven Thomas

Elizabeth Campbell



Receptionist

Hello, my name is Raven Thomas. I am the new Receptionist/Office Assistant I. I previously worked at SPIPA Social Services as an Office Assistant.

I am an enrolled Squaxin Island tribal member. My mom is Donna Penn and my dad is Norbert "Rick" Thomas III (deceased).

I have two beautiful children: Seth, who is about to turn six years old, and Dominique, who just turned two years old.

I am very happy to be working for my tribe. Stop by and say hi sometime.



Receptionist/ Medical Assistant

Hello there. Most of you already know me, but for those of you who do not, my name is Elizabeth Campbell. I am currently the Medical Receptionist at the clinic, but I have recently accepted an additional position here at the clinic as a fill-in Medical Assistant.

I am a proud mother of two beautiful girls: Shashoney, age nine, and Savannah, age six. I also have two foster children, ages one and 14. The children are my pride and joy!

Congratulations Graduate Ruth Whitener



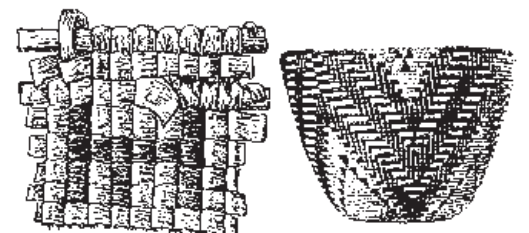
Olympic College

Ruth Whitener graduated from Olympic College on June 12th with an ATA (Associates of Technology Arts) in Business Management.

She is currently employed as the Native American Liaison for Olympic Middle School and Oakland Bay Junior High during the school year and as the Read Right Coordinator for the Squaxin Island Tribe Summer Youth Activities Program. She will be tutoring students in reading with the goal being excellence so their reading flows as well as their speech.

In her spare time, Ruth enjoys weaving baskets and doing beadwork.

She says she is really looking forward to working with the youth this summer.





CONGRATULATIONS GRADUATES



James Peters



***The Art Institute of Vancouver/Burnaby
in British Columbia***

Jameson Peters, son of Mark and Marlene Peters, has been attending The Art Institute of Vancouver/Burnaby in British Columbia for the last two years. He graduated in June, 2005, with a degree in Digital Film. He worked on many projects in Vancouver, including filming several of the Olympic athletes. He also worked on the set for the movie "Five People You Meet in Heaven" which was on TV this last year. James also worked on the "Chronicles of Riddick," "Scooby Doo 2," "Stargate SG1," "Smallville" and "Mothers Against Drunk Driving National Commercial."

James will be working this summer on "Rain in the Mountains" doing audio, which is being filmed in the Olympia area. His dream is to make it big in the film industry, and he plans to relocate to the California area to pursue that dream. He is very ambitious, so you will likely read his name in the credits at the end of a major film some day.

Rick Peters



***The Evergreen State College
Olympia, Washington***

Richard K. Peters graduated from The Evergreen State College with a Bachelors degree in Environmental Planning and Native American Studies on June 10th, 2005.

Rick will be working as an intern at Thurston Conservation District helping to develop a Native American history curriculum consistent with the newly enacted House Bill 1495 for grades 3 - 6. Rick will be working with Kim Cooper, Squaxin Island Tribe Learning Center Director, to ensure the curriculum meets WASL guidelines. In addition to the curriculum, Rick will be developing a Power Point presentation that can be used as a teaching tool.

Before beginning his studies at TESC, Rick was employed as the Squaxin Island Tribe Shellfish Policy Representative.

In his spare time, Rick enjoys fishing and hunting.

Breanna Peters



***Rogers High School
Tacoma, Washington***

Breanna Peters, daughter of Mark and Marlene Peters, graduated with honors from Rogers High School in June, 2005. She plans to continue her education, and will be attending her first year at Pierce College. Breanna would love to become a dentist and will work towards that goal. She hasn't quite decided which four year college to attend.

In her spare time, she bowls with the Junior Program. She will be heading to Las Vegas this summer for the Junior World Team Challenge, then to California for the Firecracker Shootout and on to Indianapolis for the Junior Gold Tournament.





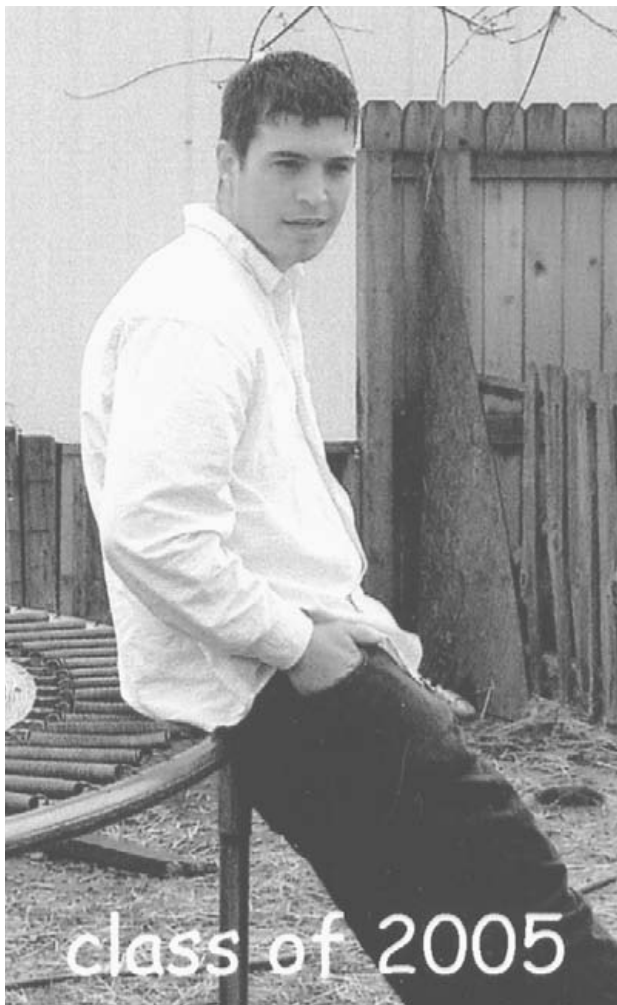
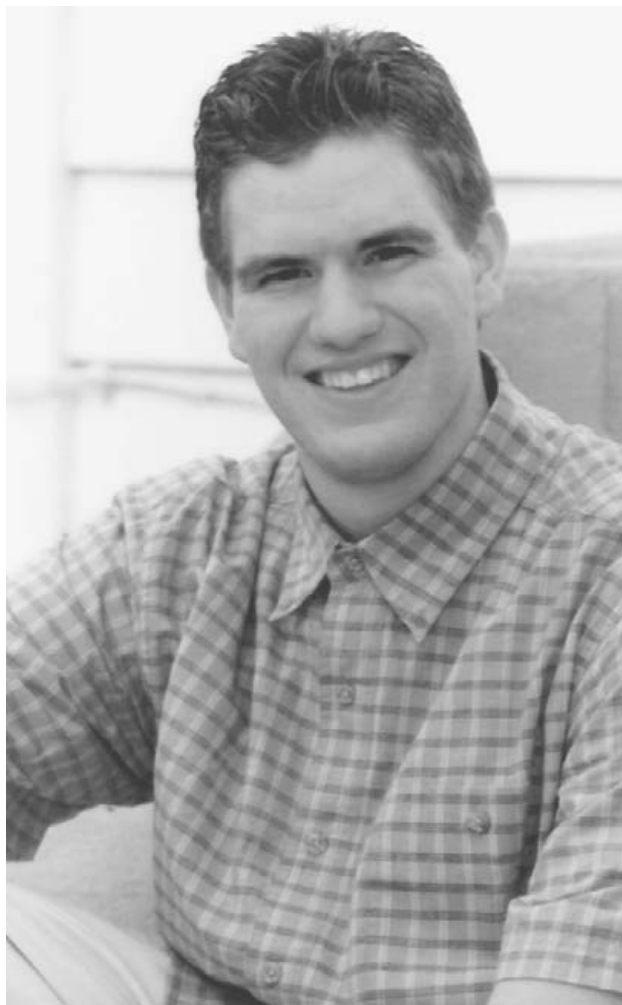
CONGRATULATIONS GRADUATES



Mike Trotter

Brandan Stewart

Amber Snyder



***Shelton High School
Shelton, WA***

***Kuna High School
Kuna, Idaho***

***Shelton High School
Shelton, WA***

Michael "Mike" Trotter, the son of Kimberli Burrow of Kamilche and Alan Trotter of Rancho Cordova, California, grandson of Don and Sallee Elam of Olympia and great-grandson of Tribal elder Fame Rankin of Kamilche and Grace Elam of Georgetown, Kentucky, graduated from Shelton High School on Saturday, June 18.

Mike was a member of the Shelton High School swim team for three years, lettering all three years. He also maintained a 3.46 grade point average for the last three years. For the last two years, he has worked after school and on weekends at the Shelton High School pool where he is a lifeguard and swim instructor, giving private swim lessons. He is a Red Cross certified lifeguard AED. He also holds a Red Cross CPR certificate and is a water safety instructor. As for the future, he would like to become an under water welder or rescue person and has plans of attending South Puget Sound Community College in the fall part time.

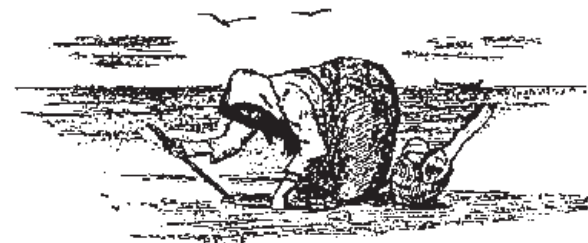
Brandan Stewart, the son of Debbie Tennis and grandson of the late Kenny Pickernell, graduated from Kuna High School in Kuna, Idaho on May 28th.

Brandan began an apprenticeship at Ada Sheriff's Office in Boise, Idaho right after graduation. He has also been accepted at the Boise Police Academy. His ultimate goal is to work for Idaho State Fisheries and, maybe, one day, the Squaxin Island Tribe.

Brandan's hobbies include fishing, hunting, sports (especially football) while being a full time dad to his two year old son Jordin and newborn son Landan. His fiancé, Teala, is also a graduate of Kuna High School and works for the day care the boys attend. She is an inspiration and is very supportive of Brandan and their goals.

Amber Snyder, the daughter of Bj Peters and Mark Snyder, graduated from Choice High School on Thursday, June 16th.

Amber works as an Assistant Teacher at the Squaxin Island Child Development Center and plans to take online classes to obtain an Associates degree. As for hobbies, she says she just simply enjoys hanging out with her adorable two-year-old daughter Jazmyn.





CONGRATULATIONS GRADUATES



Kyle Ceigh Dennis



Nampa High School Nampa, Idaho

Kyle Ceigh Dennis, the son of Shaun and Vickie Horn and grandson of Richard and Loretta Case, graduated from Nampa High School in Nampa, Idaho on May 25th with a 3.5 GPA.

During high school, Kyle played football and baseball, but began to focus primarily on wrestling during his junior year. He won numerous championships as well as a scholarship to Cerritos College in Norwalk, California where he will pursue a degree in architecture.

Kyle is a Community Coach who works with handicapped youth, helping them to learn how to communicate in the world. Among other things, he takes them shopping and helps them understand how to spend money.

He also volunteers as a youth baseball, football and basketball coach.

Todd Hagmann



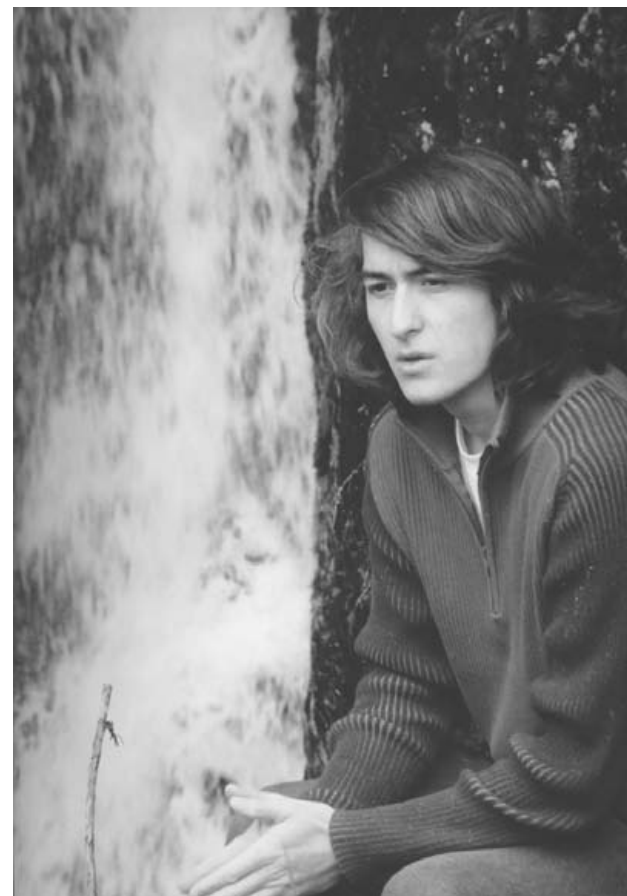
Shelton High School Shelton, WA

Todd Hagmann, the son of Toni and Todd Hagmann, graduated from Shelton High School on Saturday, June 18th.

Todd plans to attend South Puget Sound Community College in the fall. He would like to become either an electrician or a welder.

He also enjoys playing basketball, hunting and fishing.

Kurt Poste



Shelton High School Shelton, WA

Kurt Poste, the son of Charlene Krise and Bart Poste, graduated from Shelton High School on June 18th.

Kurt is planning to attend The Evergreen State College this fall. He plans to pursue video production. Kurt has already produced a number of videos of tribal youth, boxing and museum events using small clips and enhancing them with music..

In his free time Kurt enjoys boxing with a team that practices at the Skokomish Tribe. He also loves skateboarding and swimming.

SPECIAL NOTE: Kurt would like to extend his thanks to Tribal Council for the opportunity to win the new Hyundai Accent!





Final Step of Revised Island Forest Management Plan

The Natural Resources Department held a public meeting May 16th in the Mary Johns room from 4-6 p.m. for local citizen participation and commentary. This marked the beginning of the public comment period for the Revised Forest Management Plan (FMP) which ends June 10. No one from the public attended to review or comment on the plan. Andy Whitener, Rhonda Foster, Jeff Dickison and Tracy Farrell represented the Squaxin Island Tribe. Ron Graham, the Bureau of Indian Affairs forester also attended.

The revision of the Forest Management Plan was initiated about three years ago and includes a survey and inventory of the Squaxin Island forested uplands, a new Fire Management Plan, an updated Environmental Assessment, and a new chapter on Cultural Resources written by the Squaxin Island Tribe Cultural Resources Department. The plan addresses management of the island's forest resource with an emphasis on environmental and cultural values. Proposed revisions include increasing riparian buffers on tidal areas, wetlands and intermittent streams. The plan also addresses valuable botanicals (such as mushrooms, salal and ferns) as well as culturally modified trees and culturally significant vegetation.

In addition to the revisions mentioned already, the Forest Management Plan designates low impact timber harvest as the standard method for taking timber from the island. Low impact harvest methods allow the Natural Resources department a way to protect other environmental resources while providing sustainable timber harvest for Squaxin Island land owners.

The Natural Resources Department is available for questions and comments with regard to the Forest Management Plan. If there is a request for a copy of any of the information or the report itself, please contact Tracy Farrell at (360)432-3818.

Childrens Bill of Rights

Submitted by Loretta Case
My son came home from school one day
with a smirk upon his face.
He decided he was smart enough
to put me in my place.

Guess what I learned in Civics Two
that's taught by Mr. Seitz?
It's all about the laws today
The Children's Bill of Rights.

It says I don't need to clean my room,
don't have to cut my hair.
No one can tell me what to think,
or speak or what to wear.

I have freedom from religion,
and regardless what you say,
I don't have to bow my head
and I sure don't have to pray.

I can wear earrings if I want,
and pierce my tongue and nose.
I can read and watch just what I like,
get tattoos from head to toe.

And if you ever spank me,
I'll charge you with a crime.
I'll back up all my charges
with marks on my behind.

Don't you ever touch me.
My body's only for my use,
not for your hugs and kisses
that just more child abuse.

Don't preach about your morals,
like your mom did to you.
That's nothing more than mind control,
and it's illegal too!

Mom, I have these children's rights,
so you can't influence me,
or I'll call Children's Services Division,
better known as CSD.

Of course my first instinct
was to toss him out the door.
But the chance to teach him a lesson
made me think a little more.



I mulled it over carefully,
I couldn't let this go.
A smile crept upon my face,
he's messing with a pro!

Next day I took him shopping
at the local Goodwill store.
I told him, "Pick out all you want,
there's shirts and pant galore.

I've called and checked with CSD
who said they didn't care
if I bought you K-Mart shoes
instead of those Nike Airs.

I've cancelled that appointment
to take your drivers test.
The CSD is unconcerned,
so I'll decide what's best.

I said, "No time to stop and eat,
or pick up stuff to munch.
And tomorrow you can start to learn
to make your own sack lunch.

Just save the raging appetite
and wait till dinner time.
We're having liver and onions,
a favorite dish of mine.

He asked, "Can I please rent a movie,
to watch on my VCR?"
"Sorry, but I sold your TV
for new tires on my car.

I also rented out your room,
you'll take the couch instead.
The CSD requires
just a roof over your head.

Your clothing won't be trendy now,
I'll choose what we eat.
That allowance that you used to get,
will buy me something neat.

I'm selling off your jet ski,
dirt bike and roller blades.
Check out the Parents Bill of Rights,
It's in effect today!

Hey, hot shot, are your crying?
Why are you on your knees?
Are you asking God to help you out,
instead of CSD?



8TH ANNUAL SGWI' GWI



Look at me too!



Kindergartners



3rd Graders



Looking mischievous . . .



She pulled off the heist!



4th Graders



Singing and drumming to honor the students



1st Graders



2nd Graders



5th Graders



8TH ANNUAL SGWI' GWI



6th Graders



7th Graders



*Soon-To-Be-Famous
James Peters*



*Rick Peters,
TESC graduate*



8th Graders



High school juniors

*Kassidy Whitener
received special
recognition for
completing college level
Lushootseed
language classes*



High school freshmen



*GED graduates Elizabeth Cooper
and Raven Thomas*



The beloved late comers



High school sophomores



High school graduates



Try This

Tasty Tangy Summer Salad!

A great way to increase your fiber. Did you know that most Americans eat less than half the amount of fiber suggested for good health? Did you know fiber may help reduce the risk of heart disease and cancer? In addition to whole grains, vegetables, and fruits, beans are a rich source of fiber.

Marinated Four Bean Salad

- 1 8 ½ oz can cut green beans
- 1 8 ½ oz can wax beans
- 1 8 ½ oz can dark red kidney beans
- 1 8 ½ oz can garbanzo beans
- 1 medium sweet onion thinly sliced and separate into rings
- 2/3 cup vinegar (apple cider or red wine or 1/3 cup of each)
- ½ cup olive oil
- 1/8 cup sugar
- 1 teaspoon celery seed
- 1 clove of garlic pressed

Drain canned beans. In a large bowl combine the green beans, wax beans, kidney beans, garbanzo beans and onion rings. In a small bowl combine vinegar, oil, sugar, celery seed and garlic. Mix together well. Pour vinegar mixture over beans and stir slightly. Cover and chill at least six hours or overnight.

Recipe courtesy of BJ Peters, Health Promotion Assistant (360) 432-3884

For more information about how to increase your fiber, contact Patty Suskin, Diabetes Coordinator, (360) 432-3929.



To All Squaxin Island Community Members

If you have any questions about HIV/AIDS please contact at the SPIPA office:

Jutta Reidiger
(360)426-3990
Email: reidiger@spipa.org

OR

Michael Maxell
(360)426-3990
Email: maxwell@spipa.org

Congratulations Mary Hartline



March Women's' Health Raffle Winner

Protect Your Feet; Learn Good Foot Care

Diabetes can affect your feet and your ability to walk

Did you know that people with Diabetes need to check their own feet every day? Most amputations can be avoided by noticing changes in your feet & taking care of any problems quickly. In addition, all people with Diabetes need to have their feet checked every year by a foot doctor, or podiatrist. Foot Exam Morning for people with Diabetes was held at the Squaxin Island Health Center on Tuesday, June 7th. In this photo, Glen Parker has his feet examined by Dr. Molina Kochhar, Podiatrist. Dr Kochhar will be back to check more feet on Tuesday, September 13th. If you need more information on what to look for when checking your own feet or want an appointment with Dr Kochhar, Call Patty Suskin, Diabetes Coordinator, at (360)432-3929.





Emergency Room Guidelines

An emergency may be defined as “a threat to the loss of life and/or limb.” Because the Emergency Room is the most expensive way of obtaining medical care and Contract Health Services does have limited funding, it is important that you use the Squaxin Island Health Clinic whenever possible.

If the Clinic is closed, both Shelton Family Medicine (426-2653) in Shelton and Westcare Clinic (357-9392) in Olympia have extended business hours.

Shelton Family Medicine is open Monday through Thursday from 8:00 a.m. until 8:00 p.m., Fridays from 8:00 a.m. until 5:00 p.m. and Saturday from 8:30 a.m. until 5:00 p.m.

Westcare Clinic is open Monday through Friday from 8:00 a.m. until 8:00 p.m. and Saturday and Sunday from 9:00 a.m. until 5:00 p.m. Either of these offices can advise you on how to handle a medical problem.

Below are some situations in which you might need to go to a clinic or emergency room. Please note that this is not a complete list, and is only meant to provide you with a few examples.

GO TO A CLINIC

- Ear ache
- Cough
- Ingrown finger/toenail
- Bronchitis
- Minor cuts & burns
- Headache
- Colds

EMERGENCY ROOM

- Amputation
- Heart attack
- Profuse bleeding
- Coughing & vomiting blood
- Sexual assault
- Acute asthma attack

If you find yourself in an emergency situation, please use Mason General Hospital or St. Peter Hospital. The Tribe has a 15% discount with these facilities.

What is Diabetes?

Diabetes means having too much sugar in the blood. Having high blood sugar for long periods of time can cause problems with a person's eyes, kidneys, feet, heart & gums. Controlling your blood sugar can help you avoid these problems. If you have diabetes, you can live a long, healthy life. You can control your blood sugar.

What is blood sugar?

Blood sugar comes from all the food you eat, not just sweet food. Your body changes the food you eat into blood sugar. Body cells & muscles use blood sugar for energy. Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood. They get high blood sugar. People with high blood sugar have diabetes.

What are the types of diabetes?

Type 1, Type 2 & gestational diabetes.

What is Type 1 diabetes?

Type 1 is less common, but there are Squaxin Island Tribal members with type 1 diabetes. In type 1, the body does not make insulin. Insulin is what is needed to get the sugar out of our blood and into our cells and muscles for energy. People with type 1 diabetes need insulin injections or an insulin pump to stay alive. People with type 1 are challenged every day to balance their meals, insulin and activity to avoid problems with blood sugars too high or too low.

What is Type 2 diabetes?

Type 2 is the most common type of Diabetes. About 90 percent of people with diabetes have type 2. In type 2, there is a problem with the way blood sugar gets from your blood into the cells & muscles to make energy. People with type 2 make insulin, but may not make enough. Or, the body cells and muscles may not allow insulin to do its work. Blood sugar cannot get into the body cells & muscles. The sugar stays in the blood. Being more active and changing your eating habits may be enough to get the sugar in your blood to the cells & muscles, or you may medications to help.

What is gestational diabetes?

Pregnant women who have never had diabetes before but who have high blood sugar levels during pregnancy have gestational diabetes. Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, blood sugar cannot leave the blood and be changed to energy. Blood sugar builds up in the blood to high levels. Untreated or poorly controlled gestational diabetes can hurt your baby. Problems include: trouble with breathing, shoulder injuries during birth, and a higher risk for obesity and type 2 diabetes. Strick guidelines for eating, activity and keeping blood sugars in line during pregnancy can help reduce the risk of these problems. Women with gestational diabetes are at higher risk for developing type 2 diabetes in the future.

Want to know more about diabetes?

Contact Patty Suskin, Diabetes Coordinator, at the clinic or (360) 432-3929 Also, if you prefer, go to the website for the American Diabetes Association at www.diabetes.org





Join in with Thursday walks after Elder's lunch!

Here is the group who enjoyed a brief walk on Thursday June 2. Left to Right: Ron Dailey, Brooks Farrell, Ruth Creekpaum, Harry Fletcher, Alene Whitener, Berth Fletcher and Ann Parker. Thank you to the group for allowing me to take this photo to encourage others to join in! Contact Patty Suskin, Diabetes Coordinator for more information at (360)432-3929



MEAL PROGRAM MENU

A salad bar will be available at each meal, as well as fresh fruit or fruit salad. Beverages available each meal: 2% milk, fat free milk, crystal light, water, coffee, tea, hot chocolate. Sandwiches are available on request instead of the entrée listed. Want seconds? - Just ask or help yourself! Free to seniors 55 and older and \$3 for all others.

Food Group	Monday	Wednesday	Thursday
Meat/Meat Alternate Vegetable Starch	4 Closed for 4th of July	6 Geoduck Chowder Bean Salad Grilled Cheese Sandwich	7 Chalupa Fresh Veggies Pinto Beans
Meat/Meat Alternate Vegetable Starch	11 Chef's Salad & Soup Crisp Veggies w/ Dip Wheat Rolls	13 BBQ Pork Sandwiches Broccoli Salad Buns	14 Baked Salmon Green Bean Casserole Orzo Pilaf
Meat/Meat Alternate Vegetable Starch	18 Baked Halibut Zucchini, Yellow Squash Red Potatoes, Dark Roll	20 Scr. Eggs & Sausage Fruit Salad French Toast	21 Elk Meatloaf Mixed Vegetables Fresh Mashed Potatoes
Meat/Meat Alternate Vegetable Starch	25 Chicken Wellington Steamed Carrots Baked Potato	27 Ham Caribbean Veggies Baked Yams	28 Venison Stew Potatoes, Carrots, More Corn Bread

Want to Quit Smoking? Start Walking

Taking a brisk walk might help smokers kick the nicotine habit, according to a new study by Exeter University researchers, who studied the behavior of 15 chain smokers, who were deprived of a cigarette for around 15 hours, after they took a one-mile walk.

During walking and for about 20 minutes later, smokers reported decreased nicotine withdrawal symptoms and minimized craving for a cigarette. A 15-minute walk was shown to be capable of keeping cravings at bay for at least two hours.

"This is the first time it has been shown that something as simple as a brisk walk can have such a dramatic and lasting effect on the desire for a cigarette. It is unclear why, but certainly research with animals suggests that the need for addictive substances can be reduced by exercise.

When you exercise, the brain releases the neurotransmitter dopamine which acts on pleasure pathways almost like a reward. Cigarettes also trigger a sense of pleasure from feeling stimulated and relaxed, so it is possible exercise could substitute for the effects of smoking by providing the brain with a hit of the substance," said Dr Adrian Taylor, lead author of the study.



Another study, involving 60 smokers, studied the effects of exercise on smoking, Dr Taylor said, adding that it provided 'powerful evidence' that exercise might aid efforts to give up smoking.





Outdoor Activity of the Month

Summer is here, and the time is right for hiking.

There are plenty of good day hikes in our local area to keep our legs warmed up and tone those muscles. Here is one you may enjoy.

Watershed Park

WHERE

The trailhead parking lot is on Henderson Boulevard, south of Interstate 5.

HIKING

The 1.5-mile G. Eldon Marshall Trail is a great place to spend an afternoon or an entire day. This loop trail leads hikers through 153 acres of dense Douglas fir, cedar and hardwood forest. The trail has steep sections -- many hardcore hikers use this trail to get into shape for the season. Take it slowly on the few steep parts, as most of the trail is fairly flat. There are boardwalks over marshy areas and steps on steep sections of trail. Benches are at some scenic spots, and it's worth taking a lunch on this hike. Equipment: Good hiking shoes, sunglasses, rain gear, cameras, binoculars, bug spray -- the mosquitoes are swarming now -- water and food. There are no water fountains here!

DIRECTIONS

From downtown Olympia, take Plum Street south to Henderson Boulevard. Drive under Interstate 5 and look for the parking area on your left. There also are entrances on Eastside Street and 22nd Avenue.

SAFETY

Keep a close eye on children, as many dense thickets and gooey swamps lurk just off the trail. Signs ask hikers to stay on the trail at all times. Steep slopes -- with no guardrails -- border some sections of the trail. Watch for tree roots in some parts of the trail.

PARKING

There is parking at the Henderson Boulevard trailhead.

RULES

No camping, alcohol or firearms allowed. Dogs must be on leashes, and plastic bags for dog waste are available at the trailhead. No running, cycling or jogging are allowed on the trail.

MORE INFORMATION

Call Olympia Parks, Arts and Recreation Department at 360-753-8380 or check www.ci.olympia.wa.us.

Here is a group that enjoyed McLane Nature Trail in the Summer of 2003. Do you recognize anyone? (the one with the hat is a visitor from Japan, Yuri Kurosu, who sent the photo via internet)



Upcoming Health Events

BRIEF WALK

Every Thursday at 12:40
Meet at the Elder's Building

MAMMOGRAM DAY

July 28, August 25, September 22
Call Rose Algea @ 360-432-3930

DIABETES SUPPORT GROUP

Next meeting August 29th
1:00 - 2:00 p.m.
Walk at 12:45, Talk 1:00 - 2:00 p.m.
Help plan the future of this group
Bring your ideas on what you want
Clinic lower level conference room

FOOD LABEL READING WORKSHOP

Open to the Community
Monday, July 11th, 1:00 - 3:00 p.m.
Meet at Elder's Building
Learn about healthy food choices

HEALTHY HABITS FOR LIFE

Take charge of your health!
Tuesdays noon to 1:00 p.m.
Tribal Center Lunch Room
Bring your own lunch & thoughts

WOMEN AND GIRLS GATHERING

July 28, 29, 30, 31 at Panhandle Lake
Contact Midge Porter at SPIPA 426-4451

COMMUNITY WALK TO NISQUALLY MEDICINE TREE

Thursday, August 11th
Meet at 9:00 a.m.
at Elders Building
Back in time for Elders lunch

QUESTIONS OR TO RSVP

Contact Patty Suskin,
Diabetes Coordinator
at 360-432-3929
or BJ Peters at 432-3884.





Gov. Gregoire signs law to create jobs and build for education in Mason County

OLYMPIA - May 16, 2005 - Gov. Christine Gregoire signed a \$3.3-billion construction budget that includes nearly \$26 million for Mason County.

The two-year construction package not only buys high-paying construction jobs and public school and higher education buildings, but also funds projects to better protect the environment and public safety and revitalize local communities, a spokesperson for the governor said.

"As our economy picks up steam, the capital budget will give it a nice push by providing construction jobs, and by positioning our education system to better accommodate students learning the skills to succeed in life," the Governor said.

"More jobs and better schools will make the future better for Mason County," said Gregoire.

In Mason County the budget will provide:

- \$10 million for regional infrastructure improvements by the Department of Corrections.
- \$8 million for Belfair sewer improvements.
- \$3.4 million for the addition of 120 beds to the Mission Creek Corrections Center.
- \$1.3 million for the Ink Blot and Shumocher Creek Natural Area Preserve.
- \$1.2 million for a health care facilities remodel and outpatient expansion by the Department of Corrections.
- \$1 million for the Pacific Northwest Salmon Center.
- \$560,000 for the Skokomish Anaerobic Digester.
- \$210,539 for the Squaxin Island Tribe Museum Library and Research Center
- \$100,000 for a pollution abatement study.
- \$87,283 for the Union River Estuary.

**Leila, Great Job This School Year!
and
Wes, You're Awesome!
Love,
Mom & Dad**

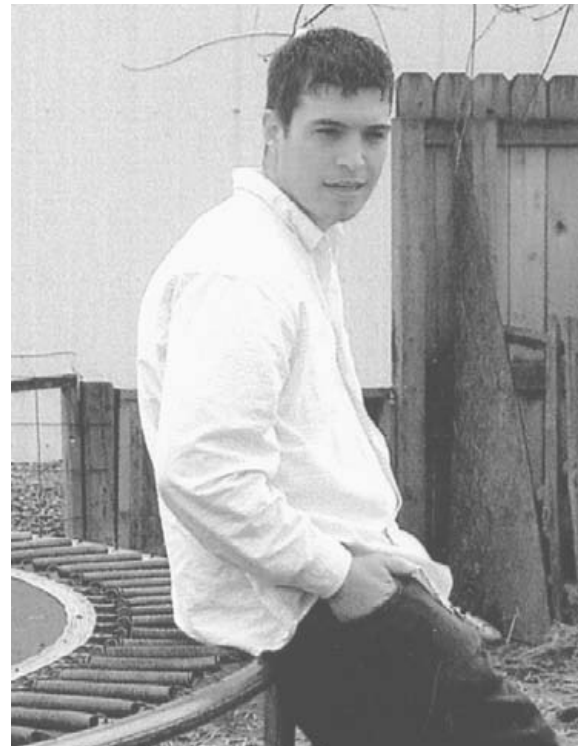
**Congratulations Ruth!
Olympic College ATA graduate!**



**We Are So Proud of You!
Love, Andy, Wes and Leila**

**Congratulations
Jennie SaSalle Martin!
Everett Community College Graduate!
We Are So Proud of You!
Love,
Uncle Joe, Aunt Liz and Daniel**

**Happy Birthay
To My Son-In-Law, Abel Castro!
From Rose & Family**



**Congratulations
Brandon Lee Stewart,
Son of Debra (Pickernell) Tennis
and
Grandson of the Late
Kenneth Pickernell
Graduated 5/28, Kuna High School**

Way to Go Guys!
Bran, I am sooo proud of you. Way to go! I know it hasn't been easy, but like I've always told you and your brothers, nothing worth having ever is. But it's worth it. And through the struggles you become stronger and better people. We are all so proud of you.

Love,
Mom, Blaine, Chris, Joe
and the Rest of the Family

**Congratulations Brandon, Teala & Jordin
on the Arrival of Your New Baby Boy**



Teala and Brandon



**Landan Lee Stewart
Born May 18th, 2005
Weight: 8 pounds, 1 ounce
22 1/2 inches long**



Brandon and Jordin



COMMUNITY



Special Thanks to Donna Penn

Special thanks and recognition to Donna Penn for the wonderful job she has done in photographing cultural events, including the canoe journey and carving of the cedar dugout canoe. Seven of her photos were used in the annual report this year. Make sure to check it out. Great job Donna! Thanks for all you do!

Congratulations

Kyle Ceigh Dennis

**Our Graduate, Star Wrestler
and All Around Awesome Young Man!
We Are So Proud of You!**

**Love,
Mom & Dad**

With every ending there is a new beginning

As we pass through the doors the final time as students, we pause to reminisce over the past four years. Here we have laughed, cried, lived and loved. We have created friendships and memories to last a lifetime. Now, as we go our separate ways, we wish to share our joy of achievement with you

Welcome Home Michelle

**Love,
Mom, Melissa, Josh,
Your Aunts and Your Uncles**

**Wishing My Son Tony
A Happy Birthday
And Love You Very Much!
Mom Rose & Family**

**Happy Birthday to Chickie
Love You Lots!
From Gramma Rose & Family**

**Happy 1st Birthday
Nyla Elizabeth King
"Sweet Cheeks"
Love,
Daddy, Mommy, Kale and Zan**

**Happy Birthday to Tasheena
Love You Lots!
From Gramma Rose & Family**

Happy 9th Anniversary Vinny



Your Loving Wife Margaret

"Happy Birthday" to All Our Children in 2005



Vince Jr. (25)



Jolene Renee (21)



Malia Red-Feather (6)



Kiana Jean (3)

Love, Mom & Dad (Margaret & Vinny)



Happy Birthday

Malynn Foster	7/1	Terence Henry	7/12	Victoria Kruger-Neilson	7/18
Del A. Johns	7/1	Joseph Hudson	7/12	Maria-Elena Capoeman	7/19
Isaac Johns	7/1	Myrtle Richards	7/12	Clara Capoeman	7/19
Mark Jones	7/1	Jonie Strobe	7/12	Dana Van Cleave	7/19
Tully Kruger	7/1	William Peters	7/13	Tonia Marshall	7/20
Kayla Cuch	7/2	Jennie Evans	7/13	Corri Carson	7/21
Dion Obi	7/2	Elizabeth Yeahquo	7/13	Leila Lorine Whitener	7/21
Fay Monahan	7/2	Moody Addison	7/13	Richard Piersol	7/23
Janesse Kruger	7/2	David Michael Lewis	7/13	B.J. Peters	7/23
Jeremy Walls	7/4	Antonio Rivera	7/14	Chickie Mae Rivera	7/23
Annie Beth Whitener	7/4	Shianne McFarlane	7/14	Austin Pedro Solano	7/23
Gary Brown	7/5	Christian Ridriguez	7/14	Misty Kruger	7/24
Elija Garcia	7/5	Josh Henderson	7/15	Melanie Hause	7/24
Jon B. Whitener	7/5	Brett Orozco	7/15	Thomas Blueback III	7/25
Sadie Lorentz	7/6	Seth Thomas	7/15	Hailey Blueback	7/25
Dale Brownfield	7/6	Mary Kuntz	7/16	Eileen George	7/25
Martin Sequak	7/6	Nikita Mowitch	7/16	Walter Lorentz	7/25
Todd Hagmann	7/7	Viola Thomas	7/16	Malia Red-Feather Henry	7/26
Ginny Mae Berumen	7/8	Tiffany Henderson	7/17	James Brownfield	7/26
Steve Witcraft	7/8	Mathew Bell	7/17	Loretta Case	7/26
Clayton Edgley	7/8	Kristina Bechtold	7/17	Brenda Day	7/26
Diana Van Hoy	7/8	Alan Depo	7/17	Chas Addison	7/27
Josephine Napoleon	7/9	Daniel Johnston	7/17	Marvin Henry	7/27
Keenon Vigil-Snook	7/9	Alan West	7/17	Arlene Strobe	7/27
Nyla King	7/10	Charles Mickelson	7/18	Matthew Trotter	7/27
Ruth Creekpaum	7/11	Violet Perez	7/18	Dorian Williams	7/27
				Stephanie Cleveland	7/28
				Kira Nakia Coley	7/28
				Markiemihho Johns	7/29
				Marissa Morken	7/29
				Marcus Johns	7/30
				Billy Lopeman-Johns	7/30
				Tashina Sanchez	7/30
				Robert Whitener	7/30
				Jaelin Campbell	7/31
				Jordan Lopeman-Johns	7/31
				Michael West	7/31

What's Happening

					1	2
					AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
3	4	5	6	7	8	9
	Happy Fourth of July!	Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
10	11	12	13	14	15	16
	Food Label Workshop 1:00 - 3:00 Elders Bldg	Court Church 7:30	Drum practice 6:00 p.m., MLRC	Council Mtg. Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
17	18	19	20	21	22	23
		Church 7:30	Drum practice 6:00 p.m., MLRC	Brief Walk After Lunch	AA Meeting 7:30	Bible Book Club 10:30 Mary Johns Room Food/Transportation
24/31	25	26	27	Council Mtg. 28 Mammogram Day	29	30
		Court Church 7:30	Drum practice 6:00 p.m., MLRC	Women & Girls Gathering Walk After Lunch	AA Meeting 7:30	Bible Book Club

Happy Birthday Gramma Turtle
Love,
Raven and Kids

Happy Birthday Austin Solano
Love,
Mom, Dad,
Lorenzo, Alexander and Giovanni



COMMUNITY



Congratulations
Sonia Silva On Your New Beautiful Baby
Boy, Gaston Junior
Weight: 8 Pounds, 3 ounces
21 inches
Love,
Your Cuz Raven and Kids

Happy 6th Birthday Babe (Seth)
Love You Very, Very Much!
Love,



Mom, Gramma, Sissy
and All Your Aunties

Congratulations Melissa Henry
On Your New
Beautiful Baby Boy, Alanzo



Love, Your Best Friend Raven
and Family

A Very Happy 48th Birthday
to My Son-In-Law Dino
Love,
Mom

A Very Happy 6th Birthday Malia
Love Ya Lots Honey!



Love Gramma



A Very Happy Belated 41st Birthday
to My Daughter Joanne!



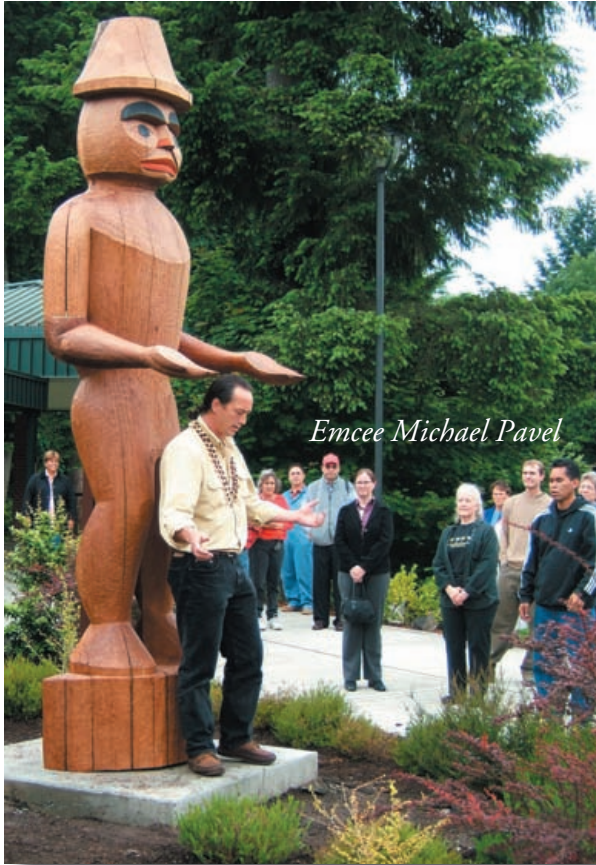
Love,
Mom
(P.S. - I want my baskets back)

A Very Happy Belated 49th Birthday
to My Baby Bro Ray
Love,
Your Elder Sis Barb
Love Ya Loads I think!

A Very Happy Belated 52nd Birthday
Marvin
Love, Barb

A Very Happy Birthday
Theresa and Josh
Love, Barb

Happy Belated 56th Birthday
Paula
From Leo



Emcee Michael Pavel

Tully Kruger, Marty Allen, Nicky Panayotova (current Student Body President), Will Penn, Walker Wise, Jay Thomas, Jeremy Walls, Mike Foster, Ray Peters, Del Johns, Jennifer Johns, Steve Sigo and Richard Gouin.

"There are no words for how wonderful this is," Walker said.

Emcee for the event was Skokomish tribal member Michael Pavel.

Andrea and her family presented gifts to tribal Elders, drummers, singers and dancers. The college gifted everyone in attendance with commemoration coffee mugs and a feast at the conclusion of the event.

"This is a great example of what can happen when people work together," Dale Croes said.

"When we hold out our hands to everyone, no matter what color they are, and work together as one people, asking the Creator to guide us, these great things that unite us all can happen," Rhonda said.



Welcome Pole

Continued from Page 1

honor that," he said.

Walker, then Student Body President, asked Rhonda Foster (Squaxin Island Tribe Cultural Resources Director and co-manager of the archaeology project with SPSCC Anthropology Professor Dale Croes) what would be appropriate. After working with the Squaxin Island Heritage Committee, a welcome pole was suggested.

Walker worked through the bureaucracy to get the project approved and funded through student activity funds.

Rhonda appreciated that Walker asked the Tribe for its insight.

"A lot of agencies, when they decide to honor Native Americans, rarely come and talk to us," she said. "They just go and erect a totem pole. Totem poles are from Alaska, not here."

On June 10th, after three years of planning and work, the 15-foot red cedar welcome pole was raised in a ceremony with more than 150 people enjoying the singing, dancing and drumming by members of the Tribe.

Pole carriers were Dale Croes, Vince Henry,

